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基本的情緒管理

Rudimentary Emotion Management



人活的好好的，為什麼總有人選擇輕言放棄自己的生命？有人說生活困難，有人說情場失意，甚至有為數不少的人覺得沒有理由，就是不想活了。歸納種種因素，這些人都遭遇到挫折，挫折會轉化為壓力，而當情緒無法控制過大的壓力時，情況就危如定時炸彈倒數計時般；倘若情緒這把利剪剪錯引線，一旦引爆，不管願不願意，所造成的損害是沒有任何挽回餘地的。

預防勝於治療，平時做好情緒管理與調劑就是疏解壓力的最佳良藥。在生活上要做到完美的「全人」不容易。不過曾有人說：在受限的情況下，覺得不可能的事情愈要去做，做久了便能習慣成自然，做多了便熟能生巧，將不可能變可能，生活也就能無限開闊。

以我自己為例，曾經是個錙銖必較又愛生悶氣的人，每每受到挫折或委屈時，只會默默忍受藏在心底不說。長久下來不僅對健康有所損害，人際關係更是綁手綁腳。一路跌跌撞撞後才瞭解要快樂就必須從改變自己對生活的態度開始。「對事無情，但對人要有情。」這種做人第一，做事其次的觀念，扭轉過去許多的不可能成為可能，也使我更加坦然地、誠實地、勇敢地去面對心底的聲音。每個人心中都住著擬化為天使與惡魔的

Against enjoying one's life, why do some people choose to end their own? Some might say it is difficult to carry on, others might say they failed love, and even a lot gave no reason but just gotten fed up with it. To recap all reasons given, what confronts people are their inability to cope with their difficulties and difficulties will be turned into pressure, a scenario so dangerous as sitting on a time bomb. Suppose one misguides this energy, once erupted, the damage as a result of which could be forever irremediable, whether it is done deliberately or otherwise.

As the saying goes prevention is better than cure, one's ability to gain emotional management and moderation is, in fact, the best remedy for relieving one's stress and pressure. It is literally impossible to be perfect in every way in our mundane day-to-day living. Yet some one has said, "When caught in a tight spot, one needs to try one's best to tackle the impossible, as it eventually become a natural thing to do over time, and the more you do the most familiar you would become, changing the impossible possible and creating a more expansive perspective of life for yourself.

Take for the example of myself, I was once a fastidious individual who tend to dwell on little things, and tend to bottle up inside of myself when confronting setback or emotional binds. Over time, it not only begins to take a toll on my health, but also starts to affect my interpersonal relationships. It is only through an extensive soul-searching have I realized that one needs to be honest one's attitude toward life before finding true happiness. The person-first, things-second concept that builds upon the premises that things are passive and people are interactive has helped me turnaround many of the impossible in the past into possible, and made me confront my inner voice more openly, honestly and bravely. As people tend to struggle with the devil and angel within them, and when it comes time for a three-way conference when

兩個自我，當有事情需要下決定，必須來個“三人小組會議”時，先「和自己溝通」就成了和別人溝通前情緒的彩排。而演出結果如何端看協商結果順不順利了。

根據統計，人有80%的煩惱來自自身。許多人有高尚如先賢范仲淹「先天下之憂而憂，後天下之樂而樂」的情操，但以現代的觀點來看，這不過是「天下本無事，庸人自擾之」而已。別讓思緒鑽進死胡同，學著放鬆身心靈，在假日多到戶外踏青，這些都是有效降低壓力的方法。

前述所謂全人(holistic human)，包含四個商數——GQ(good)、IQ(intelligent)、EQ(emotional)以及KQ(knowledge)。這四點分布在人這一中心點的四周，連線而成一個正方形。也就是說，構成最原始的人本來是一個正方形，帶著喜怒哀樂四個銳角，它隨時會大笑，下一秒也可以極端地大哭。在成長過程中，這個正方形會慢慢地向外擴張，隨著年齡增長，被外來的事物一層層地磨著的它，漸漸變的光滑、圓融，它一切都是淡淡的，沒有太大起伏，正方形變成了一個圓形。

以全人發展史為藍圖，其實每個人都可以依照這個進程好好充實自己所欠缺的四個要素。以知識克服盲目，以情感解決壓力，以智慧開創人生，以良知良行體現快樂。這樣，即使前方的路崎嶇難行，善用這四個法寶幫你開路，你將不會感到孤獨，也不會覺得孤立，而是兩者加起來去掉「孤」字的--獨立。相信自己，便能將人生詮釋得更完美。

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certain decisions need to be rendered, one's ability to negotiate within would become a rehearsal in communicating with others. Meanwhile, the results of the performing are entirely tied to the process of one's inward negotiation.

According to statistic, 80% of one's worries come from him or herself. Many people are as noble as ancient worthy Fan Chong-Yian to have the sentiment worrying before all the people worry and being happy after everyone is happy. But this is only a meaningless disturbance to oneself from modern perspectives. Don't let thinking come into a dead end. Learning to relax body, thinking as well as your soul, stepping out to get close to the nature, will be effective measures to loose stress.

The so-called holistic human is comprised of four variables - GQ (good), IQ (intelligence), EQ (emotional) and KQ (knowledge), which are found around an individual, and would come to form a square when connected together. This suggests that initially mankind revolve around a simple square, which contains four corners of joy, anger, sorrow and happiness, as laughs and sorrowful tears could be a momentary reaction. In one's growing progress, the square would gradually expand alongside one's age, and continues to be buffed with a host of external occurrences before it becomes smooth and harmonious, in a gentle process without too much abrupt fluctuations turning a square into a sphere.

Broaching from becoming a holistic human as the blueprint, the truth remains that it is possible for everyone to strengthen what one lacks in the four elements by overcoming blindness with knowledge, by resolving stress with emotion, by exploring one's life with wisdom, by experience happiness through one's good conscience and discipline. In this way, even if there are obstacles that stand in the way, the ability to utilize these four smart elements would ensure that you will not feel lonely, or isolated, and the sum of a compounded effect of the positive. Believe in yourself, and you will soon experience a happier existence.

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